

TECHNIQUE of NERVE MANIPULATION

(A surest way to remedy bodily pain)



SHIVABHAI PATEL
(YOGASANA EXPERT)



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Technique Of Nerve Manipulation

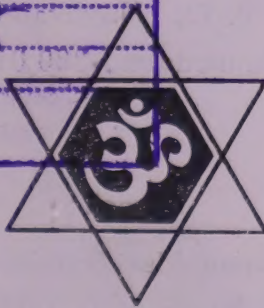
(A surest way to remedy bodily pain)

By

Shivabhai Patel

Yogasana Expert

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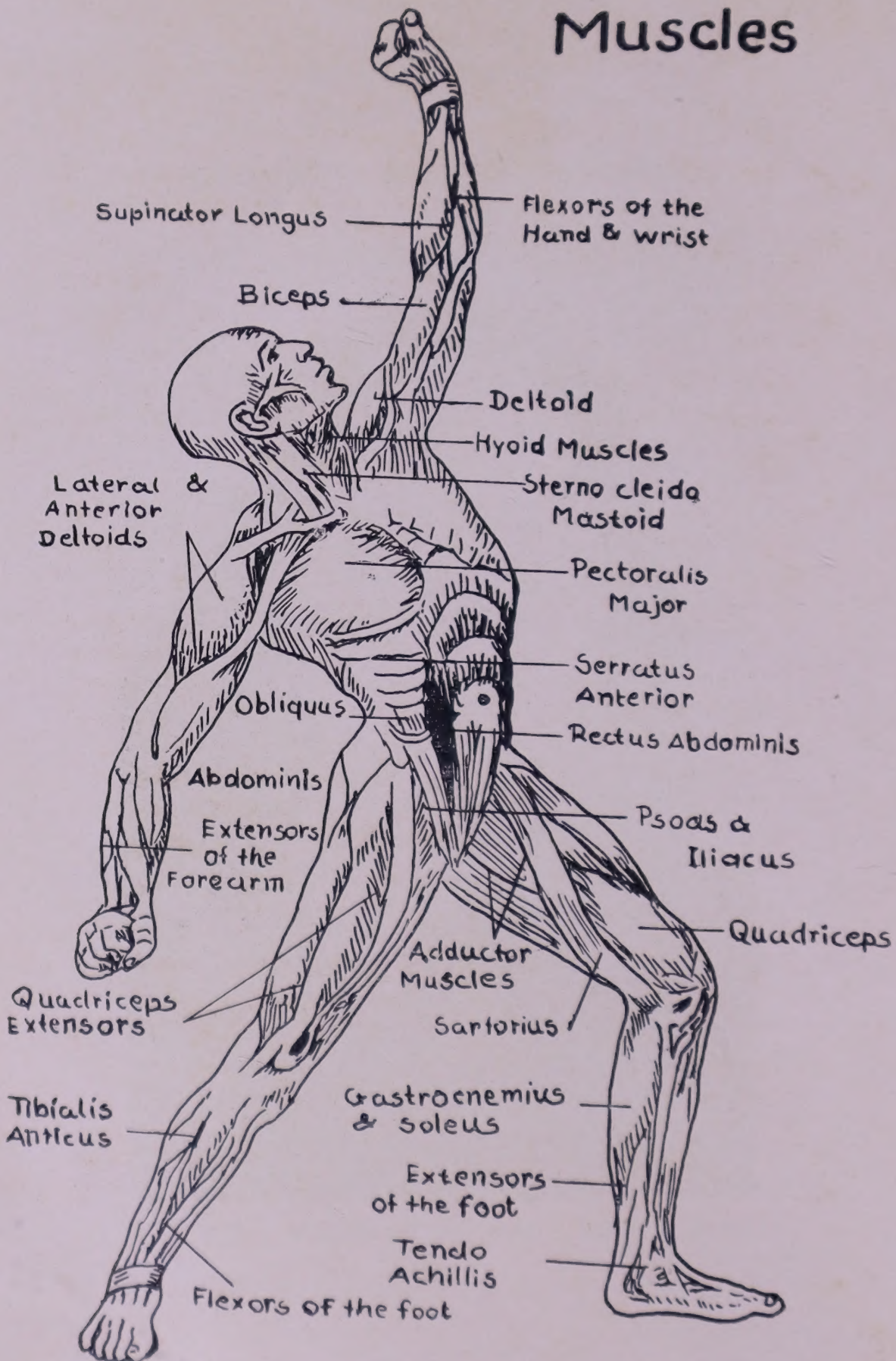
DEDICATED TO
MY
SAINTLY MOTHER GANGABA



Born : 1885

Nirvana : 4-6-1970

Muscles



FOREWORD

This present book of instructions on the practice of Nerve Manipulation is a valuable addition to the books already existing for remedying bodily pains. After carefully going through the manuscript of this present volume I must congratulate the author Shri Shivabhai Patel of Chaklashi, Tal. Nadiad, Dist. Kaira, Gujarat for his very instructive and lucid presentation of the subject. His introduction as well as his General Hints at the beginning are particularly very well written and valuable.

I had recommended this treatment to my several patients and it has been found most effective giving instant relief and cure. Diseases like cervical spondylitis, arthritis, frozen shoulder, sciatica, lumbago and wasting diseases due to lack of exercise and proper use of limbs have been treated by him in India, East Africa and England and great success has been achieved.

I must put in a word of appreciation for the excellent illustrations that vividly present each part and limb of the body. They will be found most useful and helpful to the reader and the practitioner who seeks to be guided by this book in learning the Nerve Manipulation.

The author's intention of sharing his own personal knowledge of Nerve Manipulation practice with the public abroad and here with the main objective of helping them to acquire better health and well being is very laudable.

I would recommend this sort of treatment to those who can understand this process of nerve manipulation by detecting the spot of pain and proper massage. This

will not only cure the disease but also restore and maintain sound perfect health.

People must try to understand the process of nerve manipulation and practise themselves, so that they can be useful to the society and especially the sufferers.

I wish this book wide circulation.

Dr. Ashabhai S. Patel

M. B. B. S. (Bom).

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INTRODUCTION

Nerve manipulation is a therapeutic treatment and is not a replacement of medicine for any disease but where the use of medicine is not normally required, it works well and removes pain and restores health.

After a number of years' practical experience and by giving treatment to various patients with different ailments, I am fully convinced and confident that if this simple theory of nerve manipulation is properly understood by people who may become interested in a nature cure, it will help them to remove their pains and restore health. In this connection opinions from some of the patients treated by me for different types of ailments are given at the end of this book.

The law of Karma, i.e. action and reaction or cause and causation, is visible in every sphere of life. In this book we will discuss about our health only and that too particularly about the pain in our body, its cause and its remedial treatment only and not other aspects of life.

With this view in mind whoever thinks about nerve manipulation, he must have general knowledge of the simple anatomy of human body and how it works.

Our body is built on a framework of bones—the skeleton. Where the bones meet, they are held together in sockets and fixed by ligaments and strong bands of connective tissues run over the joints. In order to make the bones move, the muscles are tied at both ends of the bones by the tendons. There are two pairs of muscles, viz. flexors and extensors, i.e. when one muscle contracts in order to bend the limb, the other extends and vice versa. The joints have synovial membranes which secrete synovial oil in order to lubricate the joints and keep it

smooth. The muscles provide power to move the bones of the skeleton, i.e. to move head, neck and limbs.

The most important thing that gives us power is pure blood which is conveyed by the heart by means of arteries and capillaries to all the parts of the body. The capillary vessels permit the transudation of lymph which forms the tissue fluid and bring water, valuable salts and nutriment to the cells and by the interchange of gases between the capillary vessels and tissue cells, supplies oxygen and carries away waste matter including carbon-dioxide. Similarly the impure blood is carried away by veins towards the heart for oxygenation in the lungs. Thus the process of breathing in of pure and breathing out of impure air on one side and blood circulation on the other are constantly at work thereby ensuring smooth functioning of the whole body organism. In these tissues where impure blood accumulates there also is at work a watery fluid substance called lymph. It also circulates itself in these thread-like vessels which join up into bigger ones. Attached to these lymphatic vessels are tiny ball shaped lymph glands which armed with white corpuscles, destroy disease causing germs and thus purify the fluid substance in the lymphs before the latter advances further and finally merges into the main vein. Thus the flow of lymphs goes on constantly along with the flow of impure blood in the entire body. Such lymphatic glands are mainly located on both sides of the neck, anterior side of the shoulder, pelvic joints and knees.

Once this process of lymphatic functioning is properly understood, it should be easy to comprehend the fact that where the impure blood and the fluid substance is not able to move away from the tissues towards the lungs, it accumulates and causes pain and various diseases.

Nobody likes aching or pain, but the pain comes to him knowingly or unknowingly as it all depends on how he acts in his day-to-day life. Many reasons could be

attributed to the cause of pain in any part of the body e.g. pain in the shoulder, elbow or wrist may result from jarring, jerk, pull or push a heavy load, unaccustomed exercise, overwork with a tired arm and overflex the arm to reach a distant object etc. Similarly unusual lifting and pushing heavy objects with bent spine and bending forward, backward or sideways with a jerk can create pain in the back of the trunk, sprinting and sudden fall as a result of slip of leg, may cause pain on the leg and arm. Working with tired and aching limbs perpetuate acute pain. As a result of any such actions or sudden accidental impact over any part of the body, the tendons are pulled beyond limit, tissues get torn and it does not get enough relaxation to recover and accordingly it affects the tissues in that particular part. Consequently the normal course of tissue fluid and blood circulation is being forced to falter, nerves become clogged, the lymphatic system fails to work properly and the surrounding area swells and pain develops. In the case of joints, the connective nerves inflate, the surrounding area swells and pain develops.

Thus the blood vessels fail to supply adequate quantity of oxygen as the impure blood fails to flow back to be purified in the lungs or for some reasons lymphs do not function. Consequently the capacity of the affected part of the body to do its normal functioning decreases and causes pain. Rheumatism, lumbago, sciatica, neuralgia and similar types of ailments are caused in this process.

Lack of exercise and by living inactive life, muscles become weak and when any strenuous work is done, the muscles and the joints start paining. Even while sitting, standing up and sleeping on a bad posture or getting up from bed can also create pain.

Thus such are some of the real causes of pain or ache in our body which is not a disease which may require medical treatment.

Medical science has been trying its best to experiment and unravel the mysterious organic working of human

body and its remedial medicines and surgical operations for pains but new and new diseases and its remedies are still being brought into operation to cure it.

So this is also one of the natural theories of Nerve Manipulation used by me in order to remedy these ailments from the body. Nerve Manipulation means that the nerves around the part of the body where pain is felt are themselves found painful. Provided these painful nerves are correctly located and duly identified, the application of adequate manual pressure and massage those painful nerves will considerably abate the pain and ensure its gradual and complete eradication. During the time of massage just mentally think that you are providing the affected part with the vital life force (Prana) at your command.

The nerve manipulation helps circulation of the fluid in the affected area, the impure blood starts flowing away, the additional tissue fluid disperses and the pure oxygenated blood flows in the tissues which gives instant relief from the pain. Thus the affected part begins to function normally at its full capacity.

The nerve manipulation is a very simple and handy remedial treatment for the eradication of muscular pain, hardened and swollen nerves and various types of rheumatic pains in the body.

I hope this information will be found useful and helpful to those who are really interested to remove pain and restore health in a natural way.

Lastly I must thank to all those persons who trusted and helped me to work as per my ideas of remedying the pains by nerve manipulation. I also thank my son Chandrakant for his demonstrative pictures given in this book and my wife Kashiben for her assistance in this matter.

Let all be healthy and happy.

Shiva Yoga Niketan,
Chaklashi, Tal. Nadiad
Dist. Kaira, Gujarat.

Shivabhai Patel

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GENERAL HINTS

1. Normally nerve manipulation on one's own body cannot be done by oneself but by another person.
2. If there is a cut or rot, nerve manipulation cannot be done.
3. First try to know the cause of pain and the spot where it is aching.
4. Nerve massage should be done over the bare skin.
5. Remove the apparel and press the thumb over the aching spot and move the thumb around the spot in order to determine the painful nerve where acute pain is being felt.
6. Nerve massage can be done either by thumb, fingers or palm of the hand as it may be required for different parts of the body.
7. Use camphorated oil first and then eucalyptus oil for massage sparingly.
8. Don't use eucalyptus oil exclusively, otherwise it will irritate the skin.
9. If the use of eucalyptus oil is found irritating and red area is seen on the skin, stop its use and massage the nerves with camphorated oil only.
10. Nerve massage should be done according to the part of the body, i.e. up, down or sideways.
11. If a lump of flesh or a fibrotic condition is noticed, apply date-paste over that spot during the night, clean it up the following day and then massage.

12. Nerve massage should be done over the aching spot once a day for about ten to fifteen minutes.
13. After massage apply hot water bottle or ultra violet rays heat over the aching spot twice or three times a day.
14. Nerve massage will be found painful for the first two to three days in the beginning but thereafter the pain will gradually disappear. Hence one should not be afraid of more pain during the period of massage and should not be impatient for immediate relief. The relief depends on the intensity of pain and whether it is fresh or chronic.
15. Nerve massage on the painful nerve should be done softly in the beginning for about five minutes and then increase the pressure gradually as can be borne by the patient for a further ten minutes at one spot.
16. For massage over the head, neck, shoulder or arm, the patient should be in a sitting position.
17. For massage over the posterior side of the body the patient should lie in a prone position.
18. For massage over the sides of the body, the patient should lie over lateral position.
19. For massage on the arms and legs over the anterior sides, they should be kept in a supine position. Similarly for massage over the posterior sides, they should be kept in a prone position.
20. In order to get the full benefit of the massage, proper rest to the aching limbs must be given and hot water bottle applied after massage.
21. Date-paste: If the whole date is available, remove the stone from it first and then crush it in order to make a pulp-like substance. It should be made hot (lukewarm) and then applied, over the bare skin. Put cotton pad over it and then tie a bandage or use surgical tape.

Nerve Manipulation

Shivabhai Patel



Pain on the head



Pain on the head



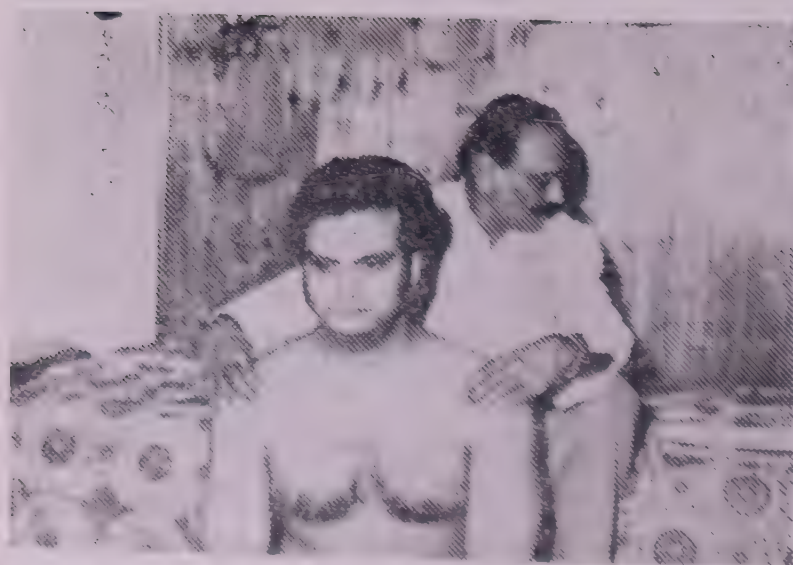
Pain on the neck

Pain on the head (head-ache, giddiness, and fainting etc): Press the thumb over the temples on both sides of the head, then move the thumb around the ear and finally press the fingers on both sides of the neck in order to determine the painful nerves because there are sterno-mastoid muscles and the main blood supply to the cranial nerves and muscles of the head pass through the neck. There are lymphatic glands also here. After ascertaining the painful nerves, massage with the thumb or fingers softly, softly in the beginning and then apply more pressure as may be endured by the patient. Massage should be done for ten to fifteen minutes daily and continue, if required, until the pain disappears.

Pain on the neck (stiff-neck): Press the fingers on both sides of the neck and move them around the spot in order to determine the painful nerve. Then massage the painful nerves softly and softly from above to downwards and sideways on one side first and then on the other side for ten to fifteen minutes daily until the pain disappears gradually.



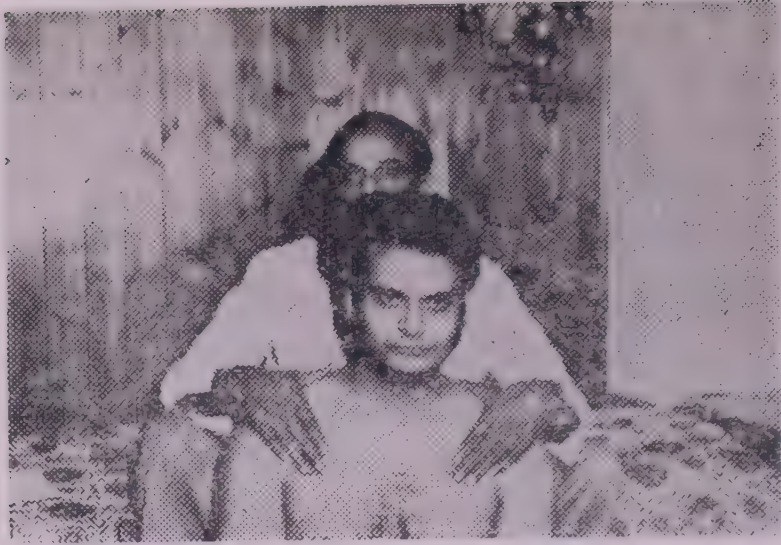
Pain on the back neck and the shoulder



Pain on the shoulder

Pain on the back neck and the shoulder (Posterior): There is a trapezius muscle here. Press the thumb on the base of the neck and move the thumb over the shoulder on both sides in order to determine the painful nerves. Then massage the painful nerves for ten to fifteen minutes daily until the pain disappears. If a fibrotic condition is observed, apply date-paste during the night, clean it up the following day and then massage. If the spot is found aching after massage, use hot water bottle or ultra-violet rays heat twice or three times a day.

Pain on the shoulder : The tendons and nerve endings of Trapezius, Pectoral, Deltoid, Teres major, and minor, Biceps and Triceps muscles join at the shoulder joint involving the humerus of the arm. The tiny nerves of blood supply and lymphatics also pass through this joint which controls all movements of the arm. So in order to determine the painful nerves, press the thumb over the aching spot, move it around the spot. Then massage the painful nerves. If a fibrotic condition is noticed, apply date-paste during the night, clean it up the following day, then massage it with the fingers or thumb as may be convenient, for ten to fifteen minutes daily until the pain disappears. The hardened and swollen nerves will become smooth.



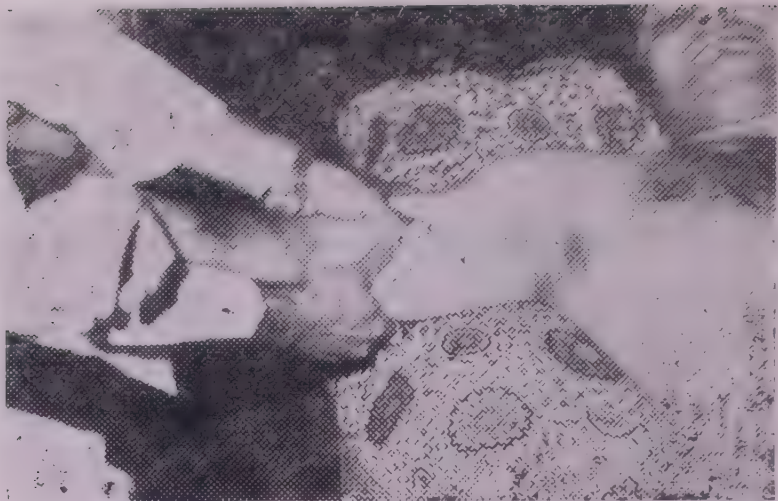
Pain over the chest



Pain over anterior shoulder

Pain over the chest : There are pectoral muscles here and are connected with the humerus. So any undue movements of the arm can create pain. Press the thumb over the aching spot and move it around in order to determine the painful nerve and then massage it for ten to fifteen minutes daily until the pain disappears.

Pain over anterior shoulder : At this spot the pectoralis, deltoid and biceps muscles are joined and lymph nodes are also there. Pain develops as a result of jerk, pull or overstrain of the arm. Press the thumb over the aching spot and move it around in order to determine the painful nerve and then massage it. If there is any fibrotic condition noticed, apply date-paste during the night, clean it up the following day and then massage. Continue this process until the pain disappears.



Pain over anterior upper arm



Pain above the anterior elbow

Pain over anterior upper arm : At this spot there is a biceps muscle and as a result of any strenuous work, it may not be able to get enough relaxation, the pain develops. Press the thumb over the aching spot, move it around in order to determine the painful nerve and then massage it.

Pain above the anterior elbow : At this spot the tendons and nerve endings of the biceps muscle get affected and pain develops as a result of overwork or straining the arm. Press the thumb over the aching spot, move it around in order to determine the painful nerve and then massage it.



Pain over the elbow (anterior)



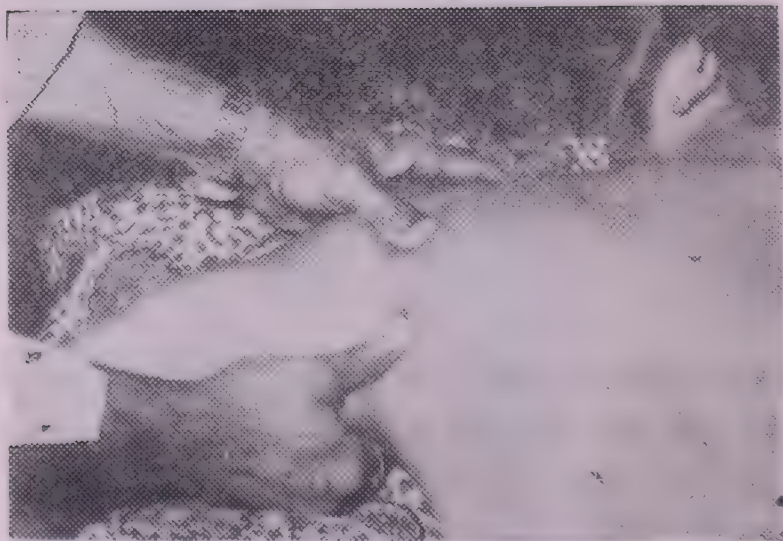
Pain over the wrist

Pain over the elbow (anterior) : At this joint the tendons and the nerve endings of biceps, triceps, flexors and extensor muscles are attached and the ligaments tied over it. As a result of any strenuous work, the pain develops. If the pain becomes chronic, the nerves become swollen and hardened sometimes. The surrounding area becomes fibrotic. So press the thumb over the aching spot and move the thumb around the aching spot in order to determine the painful nerve and then massage it. If a fibrotic condition is observed, apply date-paste during the night, clean it up the following day and then massage it for ten to fifteen minutes daily. Continue this process daily until the swelling and the pain disappear.

Pain over the wrist : At this spot, the flexors and extensors of the fingers and the thumb pass and the ligaments are tied over it. Press the thumb over the aching spot and after determining the painful nerve, massage it.



Pain over the thumb



Pain over posterior shoulder

Pain over the thumb : The muscle flexor longus pollicis is attached to the thumb and hence any sudden movement or overstrain of the thumb develops pain. Press the thumb in between the space of the thumb and the first finger and determine the painful nerve. Then massage it. In the same way determine the painful nerve on the front and back sides of the thumb and massage it. As the flexor palmaris, which flexes the thumb, is attached to the radius shaft, find out the painful nerve of the hand and massage it also.

Pain over the palm and fingers : At this spot there is a palmaris longus muscle and any unusual or strenuous action by the palm can develop pain. Press the thumb over the posterior and anterior side of the palm, determine the painful nerves and then massage it.

Pain over posterior shoulder : At this spot, the tendons and the nerve endings of trapezius, triceps, teres major and latissimus dorsi muscles are attached. Press the thumb over the aching spot and move it around the spot in order to determine the painful nerve and then massage it. If a fibrotic condition is observed, apply date-paste during the night, clean it up the following day and then massage it for ten to fifteen minutes daily until the swelling subsides and the pain disappears. If the spot is found painful after massage, use hot water bottle or ultra violet rays heat twice or three times a day and rest.



Pain over the posterior side of the arm

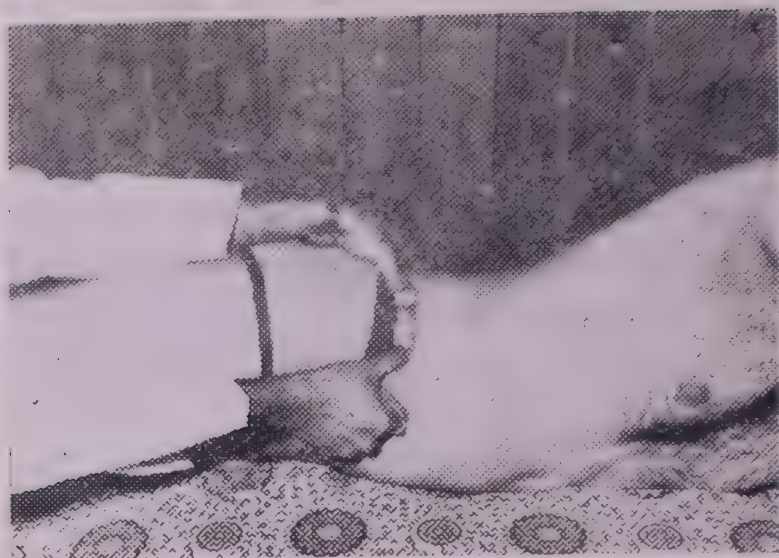


Pain over the lateral side of the body
(below the arm pit)

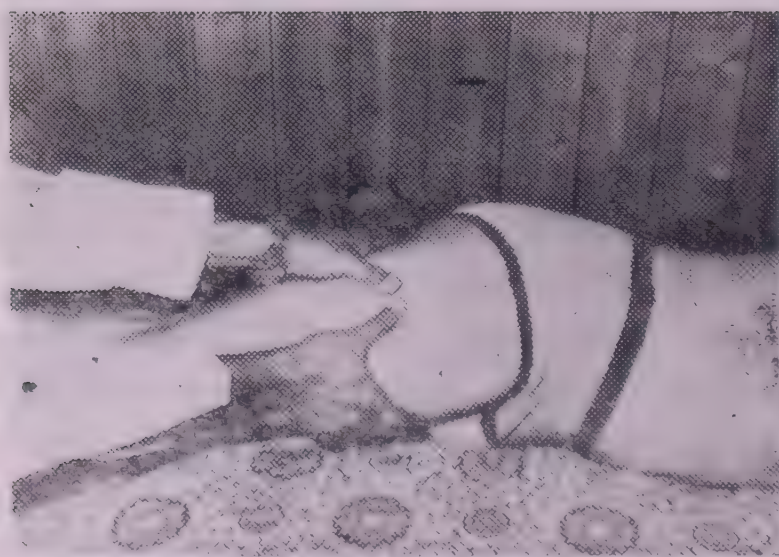
Pain over the posterior side of the arm :

At this spot the triceps muscle is involved and the pain may be due to sudden movements of the arm without allowing it enough time to relax. Press the thumb over the aching spot and move it around the spot in order to determine the painful nerve and then massage it.

Pain on the lateral side of the body (below the arm pit) : At this spot there are external and internal intercostals, latissimus dorsi, and serratus magnus muscles. So the pain may be due to any action of the arm movements. Press the thumb over the aching spot, & move the thumb around the spot in order to determine the painful nerve and then massage it. If a fibrotic condition is noticed, apply date-paste during the night, clean it up the following day and then massage it.



Pain over the lateral side of the waist



Pain over the lateral side of the thigh (upper)

Pain over the lateral side of the waist :

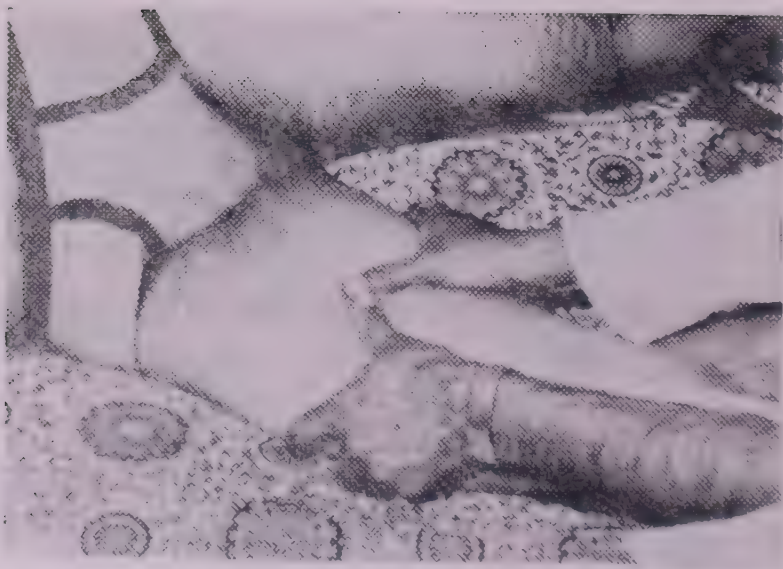
There are external oblique and gluteal muscles here. The pain may be the result of flexing the trunk laterally or rotating. Press the thumb over the aching spot and move the thumb around the spot in order to determine the painful nerve and then massage it.

Pain over the lateral side of the thigh

(upper): Press the thumb over the aching spot of the tensor facia, and move the thumb around the spot in order to determine the painful nerve and then massage it. If a fibrotic condition is noticed, apply date-paste during the night, clean it up the following day and then massage it.



Pain over the lateral side of the thigh (lower)



Pain over the anterior thigh (upper)

Pain over the lateral side of the thigh (lower): At this spot one of the quadriceps femoris muscles passes towards the knee-joint which extends the leg. The pain may be the result of the leg movements. Press the thumb over the aching spot, and move the thumb around the spot in order to determine the painful nerve and then massage it.

Pain over the anterior thigh (upper): At this spot of groin there are connections of adductors, sartorius and rectus femoris muscles. Even lymphatic glands are also there. The pain may be due to crossing of legs, adducting or rotating the leg. Even fast running may swell the lymphatic glands. Press the thumb over the aching spot and move the thumb around the spot in order to determine the painful nerve and then massage it from up to down position. If the painful nerve is over the pelvic girdle, massage the painful nerve from up to down position.



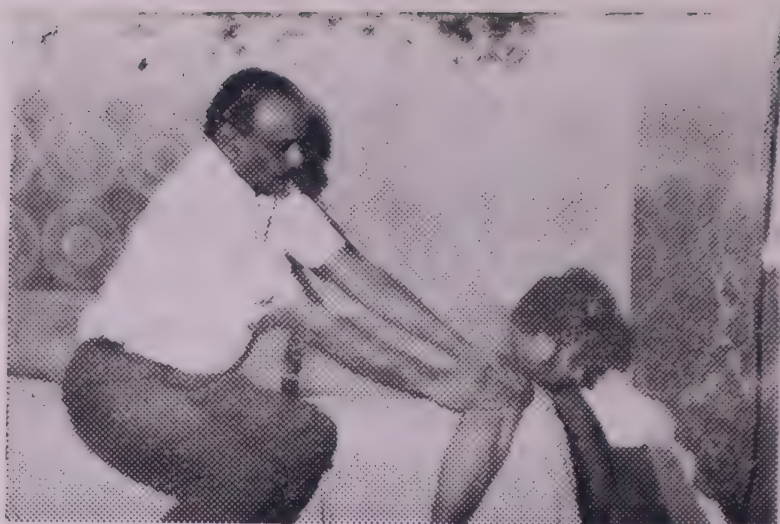
Pain on the anterior thigh (lower)



Pain over the lateral side of the shin (calf)

Pain on the anterior thigh (lower): At this spot one of the quadriceps femoris muscles passes towards the knee-joint which extends the knee. Press the thumb over the aching spot and move the thumb around the spot in order to determine the painful nerve and then massage it. If a fibrotic condition is noticed, apply date-paste during the night, clean it up the following day and then massage it.

Pain over the lateral side of the shin (calf): At this spot of the large muscle, press the thumb over the aching spot, and move the thumb over it in order to determine the painful nerve and then massage it. If the area has hardened, apply date-paste during the night, clean it up the following day and then massage it.



Pain over the posterior side of the shoulder & arm



Pain over the posterior side of the elbow

Pain over the posterior side of the shoulder & arm : At this spot, tendons of the triceps, deltoids, and latissimus dorsi and teres major are connected. As a result of any sudden movement of the arm, the pain develops. Press the thumb over the aching spot and move the thumb over the spot in order to determine the painful nerve and then massage it. If a fibrotic condition is noticed, apply date-paste during the night, clean it up the following day and then massage it.

Pain over the posterior side of the elbow : At this spot the nerves and the tendons of Triceps Brachioradialis Anconibus and other muscles of the hand are joined. So any sudden strenuous work by the arm can create pain. Press the thumb over the aching spot and in order to determine the painful nerve, move the thumb roundabout the spot in order to pinpoint the nerve and then massage it.



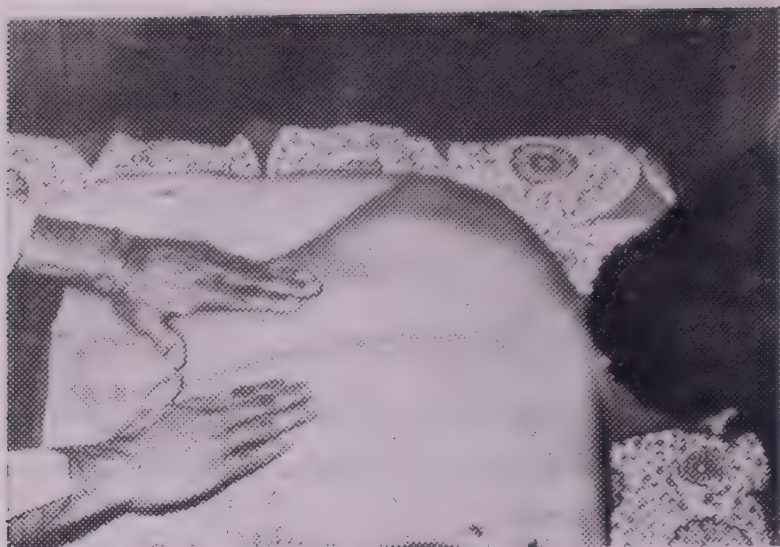
Pain over the spine (base of the neck)



Pain over the upper spine

Pain over the spine (base of the neck) : At this spot the trapezius muscle acts in order to draw the head backward, bring shoulders together and shrug the shoulders. The deep muscles of the spine are also involved in this action. So the pain may be the result of any sudden action of the arms. Press the thumb over the aching spot and move the thumb over the spot in order to determine the painful nerve and then massage it for ten to fifteen minutes daily until the pain disappears.

Pain over the upper spine : At this spot there are the nerves and tendons of the trapezius, teres, and erector spinal muscles. So any sudden strenuous work done by the arm can create pain. Press the thumb over both sides of the spine, and move the thumb roundabout it in order to determine the painful nerve and then massage it. If a fibrotic condition is noticed, apply date-paste during the night, clean it up the following day and then massage it. Repeat the process daily until the pain disappears completely.



Pain over the middle spine



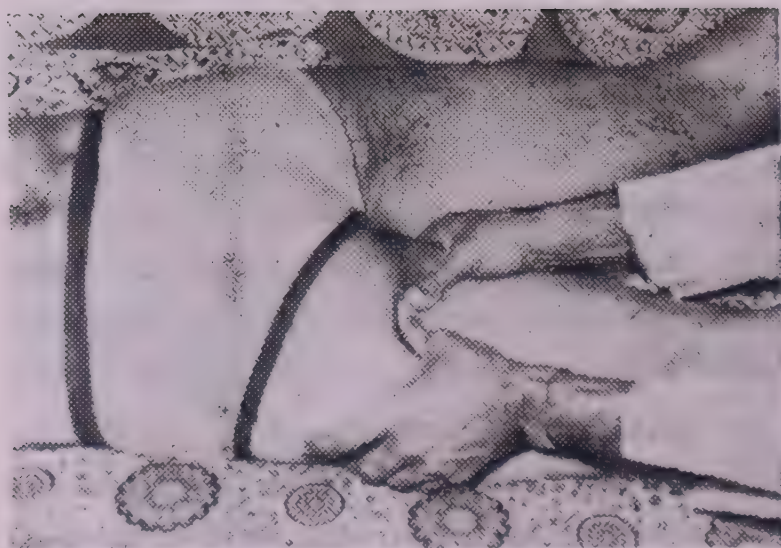
Pain over the waist (lumbar)

Pain over middle spine : At this spot the erector spinal and latissimus dorsi muscles work. So sudden moving or pushing heavy objects with bent spine can create pain. Press the thumb on both sides of the spine, move it roundabout in order to determine the painful nerve and then massage it. If the surrounding area of the spinal cord is found hard or swollen, apply date-paste during the night, clean it up the following day and then massage it.

Pain over the waist (lumbar): At this spot there is a major junction concerning the spine and pelvis where strong quadratus lumborum and gluteus muscles are joined. The pain may be the result of bending forward, lifting, pushing, or pulling or work in a sitting position for long periods. Press the thumb over the aching spot and move the thumb around the spot in order to determine the painful nerve and then massage it. If a fibrous tumour has developed on either side adjoining the spine, apply date-paste during the night, clean it up the following day and then massage it for ten to fifteen minutes daily. Repeat this process daily until the tumour subsides and disperses. If the spot is found painful after massage, use hot water bottle or ultra violet rays heat twice or three times a day. As the process of dispersal of tissues of the tumour is slow and gradual, one has to be patient with this treatment.



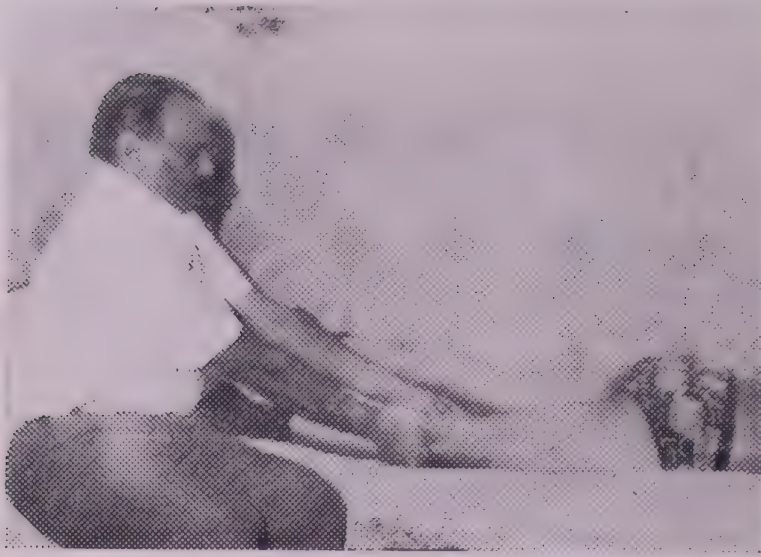
Pain over the buttock



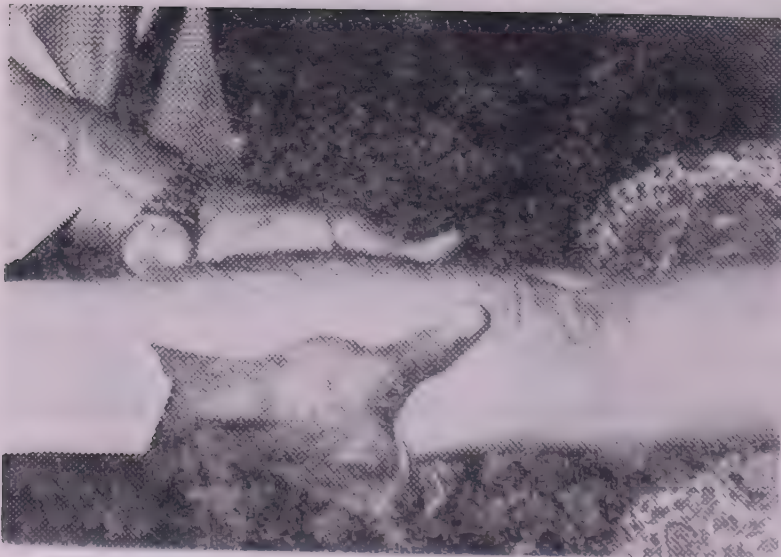
Pain below the buttock and posterior thigh

Pain over the buttock : The gluteal major and minor muscles form this part. The pain may be due to bending forward or stooping. Press the thumb over the aching spot, and move the thumb around the spot in order to determine the painful nerve and then massage it.

Pain below the buttock & posterior thigh : At this spot the hamstring muscle works and the sciatic nerve also passes. Press thumb over the aching spot and move the thumb around the spot in order to determine the painful nerve and then massage it for ten to fifteen minutes daily until the pain gradually disappears.



Pain over the posterior side of the knee



Pain over the calf (lateral)

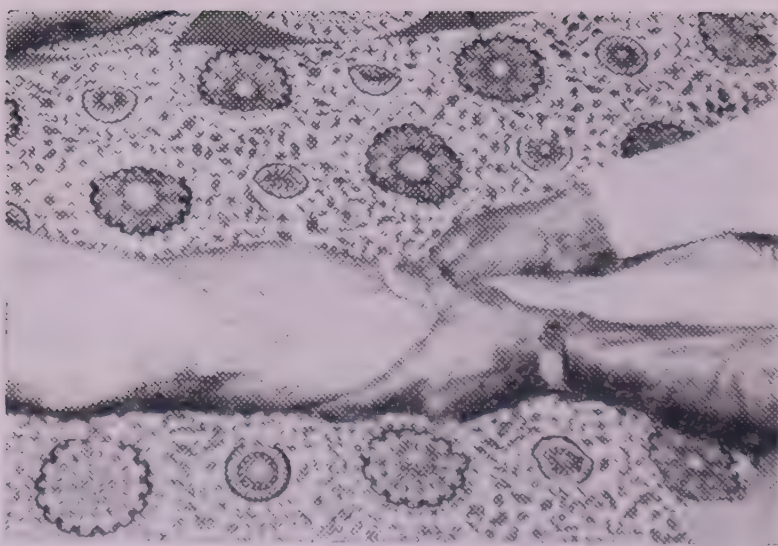
Pain over the posterior side of the knee :

At this spot the tendons and nerve ending of the adductors, sartorius, hamstring, and gastrocnemius muscles are joined and there is a popliteal space for flexing the leg. The pain may be due to contracting, raising or lowering the body with bent legs and walking. Press the thumb over the aching spot and move the thumb around the spot in order to determine the painful nerve and then massage it. If there is a fibroustumour, apply date-paste during the night, clean it up the following day and then massage it. This process should be continued until the tumour subsides and pain disappears.

Pain over the calf (lateral) : Press the thumb over the aching spot, and move the thumb around the spot in order to determine the painful nerve and then massage it for ten to fifteen minutes daily. If this has become hard, apply date-paste during the night, clean it up the following day and then massage it.



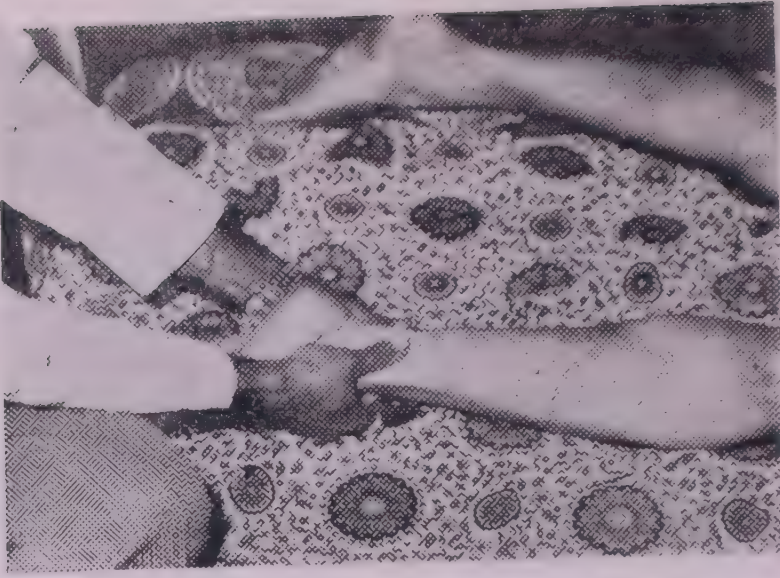
Pain over the middle calf



Pain over the lateral side of the leg

Pain over the middle calf : Press the thumb over the aching spot and move the thumb around the spot in order to determine the painful nerve and then massage it.

Pain over the lateral side of the leg : Press the thumb over the aching spot and move the thumb around the spot in order to determine the painful nerve and then massage it for ten to fifteen minutes daily until the pain disappears.



Pain over the ankle



Pain over the heel

Pain over the ankle : At this spot the flexors and extensors of the toes pass. The pain may be due to running, walking and falling etc. Press the thumb over the popliteal space in order to determine the painful nerve and then massage it. If the ankle has sprained and the fibrotic condition has developed, apply date-paste during the night, clean it up the following day and then massage it. This process should be continued until the fibrotic condition subsides and the pain disappears.

Pain over the heel : Press the thumb over the popliteal space and the side of the ankle in order to determine the painful nerve and then massage it.

Pain over the toes : Press the thumb on both sides of the foot and move the thumb over the aching spot in order to determine the painful nerve and then massage it.

Opinions on Nerve Manipulation

MOLLY KURIEN,
Amul Dairy Campus,
Anand - 388 001

India.

I have been suffering from cervical spondylitis for the last twenty years. I have taken many treatments some of which have helped me for a period of time. Recently on the advice of my doctor, Dr. Ashabhai Patel, I took a course of massage for ten days given by Shri Shivabbai Patel. Though the massage (nerve manipulation) was some what painful, I feel better for it. I have now been able to do some house work which was beyond me before.

MOLLY KURIEN.

VIPIN S. SHAH
Amul Dairy,
Anand - 388 001,
India.

I had sudden severe pain in my lumbar region while entering a low level seat of a fiat car hurriedly and was hospitalised in Delhi as the pain was unbearable with movements restricted completely. The doctor advised me for traction, bed rest and belt. Any how, I had to come back to my place against the doctor's advice by air-plane, when I had to stop over for two nights in Ahmedabad under strong sedative. Thereafter I came to my home at Anand without much relief.

My family doctor took me for the X-Ray of lumbar dorsal vertebra and it did not indicate any abnormality which was earlier suspected by my previous doctor. I was then introduced to Shri Shivabhai Zaverbhai Patel of Chaklashi, whose book I had seen earlier on Yogasana, massage and nerve manipulation. He treated me for the last six days and I feel completely relieved from the trouble.

This incidence strengthened my belief in usefulness and effectiveness of nerve manipulation and asanas.

If anybody practises and wishes to get rid of pain of this nature, he may certainly be benefited.

VIPIN S. SHAH

G. A. SHAH
Near Vibhuti Society,
Char Rasta,
Maninagar
Ahmedabad-22
India.

It was a chance meeting with Shri Shivabhai Patel in Sagar Book Depot, Ahmedabad, when I was highly impressed and inspired by his deep knowledge and insight of the Yogic exercises and authentic and rewarding study of the Nerve Manipulation.

I was at once prompted to treat my wife Premila who after the caesarian operation in 1971 had been constantly complaining of aching limbs, arthritis, stiff sacro-lumbar region and thighs and calves. So far we had tried all the medicines both Ayurvedic and allopathic without any lasting result. The complaints stayed. But within a week of Shri Patel's treatment, our complaints not only disappeared but she felt a freshness and suppleness in the stiff limbs. The excess of fat seems to disappear. From my experiences I have come to the conclusion that nerve manipulation along with the application of paste of date on the stiff part and Yogasana is not only remedial but also re-invigorating therapy. Where medicines fail, manipulation of Shri Patel plays miracle, and that too, you don't have to wait long for the result.

GOVINDBHAI A. SHAH
President
Vivekanand Ayurvedic Hospital
Principal
G. A. SHAH Classes

RAMANBHAI DAHYABHAI DESAI

Desai Vago

Nadiad, Dist. Kaira

India.

While climbing up the stairs, I was fainting for over a year. For this illness, I tried both Ayurvedic and Allopathic medicines without any improvement. Eventually doctors advised me not to climb the stairs and I stopped climbing up. Having come to know about the nerve manipulation treatment of Shri Shivabhai Patel, I approached him through Shri Subhas Keshavbhai Patel of Chaklashi.

He massaged the painful nerves of my temples and those on the neck and within two days of his treatment, my fainting disappeared completely.

I am now able to climb up the stairs without any pain or difficulty.

I am most thankful to him for his treatment.

RAMANBHAI DAHYABHAI DESAI

AMBALAL RANCHHODBHAI PATEL

Piplav, Dist. Kaira

India.

As a result of paralysis my wife Shusilabehn, aged 45, has been suffering for the past two years and her upper and lower limbs of the left side are not working and she is bed-ridden.

She has been treated by both Ayurvedic and allopathic doctors upto now but without any improvement of her health. She is not only diabetic but also has high blood pressure.

Having come to know the nerve manipulation treatment of Shri Shivabhai Patel, I approached him through a friend of mine to treat my wife. Shri Patel treated her for over a month by applying the paste of date and nerve manipulation and yogic exercises. As a result of his great effort she has now been able to walk on her own legs and work by hand.

I am amazed by this treatment of miraculous nerve manipulation and am most thankful to him for restoring my wife's health.

AMBALAL RANCHHODBHAI PATEL

B. K. PATEL
99 Gassiot Road,
Tooting Broadway
London SW 17-8LB

I was suffering from back, shoulder and leg pains for over the past ten years which has not been cured by any doctor or any therapist.

Getting treatment of nerve manipulation from Mr. Shivabhai Patel for 7 days has soothed my suffering considerably.

I thank Mr. Shivabhai Patel for his behaviour and talent towards continuation of his treatment without any motto of making any money.

B. K. PATEL

ANIL S. PATEL
64 Limpsfield Avenue
Thornton Heath
Surrey CR4 6BF

I had a very bad car accident in Sept. 1970. As a result I had a multiple fracture to my right side femur bone. I was hospitalised for four months on traction. Because of that my leg was shortened by $\frac{3}{4}$ of an inch.

When I came to London in 1973, I was having a great deal of pain in my back and thigh muscles. I came to know Mr. Shivabhai Patel through my friend. So I took seven days massage (Nerve Manipulation) treatment. After finishing treatment to my surprise, I was feeling much better and my pain of the back and stiffness in thigh muscles has gone.

ANIL S. PATEL

A. H. VOHRA
73 Osborne Road
Forest Gate
London E. 7

Mr. Shivabhai J. Patel is known to us for several years in Tanzania and in London.

He possesses vigour and strong will. I was specially impressed by his body-building exercises in Yogic forms and nerve manipulation.

Also he, with the gentle touch of his finger tips, pinpoints the causes of muscular pain in the body.

I had experienced good relief and cure of arthritis in my knees, for which the modern medical science could not do any useful cure.

By the massage in the root of cause of the muscles, he has cured the arthritis.

Regarding the long time severe headache to my wife, for whom the neurologist has failed to cure, he has done the best job and cured the headache due to lumpy muscles and a fleshy tumour below her neck.

I have no hesitation to recommend him for any sort of cure in body pain or manoeuvring therapy.

A. H. VOHRA

RAJNIKANT J. VYAS
4 Ashley Road,
Forest Gate
London E. 7.

I was introduced to Mr. Shivabai Patel, through a friend, who had the opportunity of his treatment for pain in the arm. In a place like London, it is difficult to find a person of Mr. Shivabhai's calibre, who would guide and treat the patients without any material gain.

I had been suffering from pain in the knees and back for a number of years, for which I had sought medical treatment, which gave me slight relief, but the pain was persistent.

On my first acquaintance with Mr. Shivabhai, I was amazed to see him so youthful and energetic in spite of his age. We had a lengthy discussion about my complaints; thereafter he demonstrated various yogic exercises, which would be beneficial to me. After which he gave me an oil massage pointing out the veins which should be regularly massaged to gain the maximum result. The treatment at his home lasted a week; after that I had to continue with the same routine at home. The regular sessions soon began to show improvement in the pain.

I have no hesitation in recommending Mr. Shivabhai's treatment to anyone suffering from aches and pain. Regular Yogic exercises and massage will definitely pay dividends. I sincerely thank Mr. Shivabhai for curing me of my ailments and hope many people will take advantage of his knowledge.

RAJNIKANT J. VYAS

AMIT DESAI,
B. Com. A. C. A,
B/28 Sea Gull Apartments,
4 A Bhulabhai Desai Road,
Bombay 400 026.

I am most grateful to you for advising me to massage the painful nerve with rape-seed oil mixed with camphor for pain on my left side of the chest. The day I received your letter, I started nerve massage and it has been continued for the past four days for 15 to 20 minutes daily with the help of another person. There is a great improvement. As per your instructions the painful nerves have been identified properly. There was constant pain before in the chest but now the pain has gone. Shivabhai, you have shown me the surest and simple remedy for my pain and I thank you most heartily.

AMIT DESAI

MOHAMADBHAI K. MANIAR
B. O. Box 5514
Jeddah (Saudi Arabia)

I have been greatly impressed with your personal contact. For pain on my hand, I had taken a course of injections from a specialist in Bombay, but when I came to see you personally, you massaged the nerves and not only the pain has gone but also the idea of pain has gone away from my mind.

According to your advice, I practised survangasana (shoulder stand) and Matsyasana (Fish posture) and the pain has disappeared completely.

MOHAMADBHAI K. MANIAR

Usefulness of Nerve Manipulation

Apoplexy: Massage the painful nerves on the temporal region of the forehead, around the ear and on both the sides of the neck.

Arm-palsy: Massage the painful nerves on both the sides of the palm, wrist and the upper arm.

Arthritis: Massage the painful nerves of the aching joints and the adjoining painful nerves.

Back-ache: Massage the painful nerves of the aching spot on the spine.

Burning of the foot: Massage the painful nerves on both sides of the foot relating to the big toe and the last toe, around the ankle and the lower foot.

Cervical spondylitis: Massage the painful nerves of the neck, shoulder and the arm.

Cramp: Straighten the affected arm or leg and massage the painful nerves of the muscles concerned.

Fainting: Massage the painful nerves on both the temples of the forehead, around the ear and both sides of the neck.

Fibrous tumour: Apply date-paste during the night, clean it up the following day and massage it. If the growth is big, continue this process for a long period patiently.

Giddiness: Massage the painful nerves on both the temples of the forehead, around the ear and both sides of the neck.

Gout: Massage the painful nerves around the affected part of the leg and joint.

Headache: Massage the painful nerves on both the temples of the forehead, around the ear and both sides of the neck.

Hemiplegia: Massage the painful nerves on the back of the waist and the legs.

Lumbago: Massage the painful nerves at the lumbar region.

Otalgia: Massage the painful nerves around the ear, provided there is no pus inside the ear.

Paralysis: If one side of the body is affected, massage the painful nerves on the temples of the forehead, around the ear, neck, shoulder, spine, waist, thigh and the leg. However if the head, hand or leg only is affected massage should be done as required. If the nerves have hardened and swollen, apply date-paste during the night, clean it up in the morning and then massage it.

Paralysis (face): Massage the painful nerves on the temples, around the ear and both sides of the neck. The effect of massage is sure but slow, so one has to be patient.

Paraplegis: If the spine is damaged, nothing can be done, but if the effect is due to some other reasons massage the painful nerves of the spine, waist, and the legs.

Rheumatism: Massage the painful nerves of the thigh, knee-joint and the leg.

Sciatica: Massage the painful nerves of the waist & posterior side of the thigh.

Stiffness of neck: Massage the painful nerves on both sides of the neck and shoulder.

Synovitis of the knee-joints: Apply date-paste during the night, clean it up in the morning and then massage the painful nerves of the affected part.

Varicose Veins: Apply date paste during the night, clean it up the following day and then massage.

Complimentary useful Yogic Exercise recommended for aching limbs

- (a) Neck: Neck exercise.
- (b) Shoulder: Palm tree posture, Cow face posture.
- (c) Scapula: Palm tree posture, Cow face posture.
- (d) Back ache: Forward bend posture, Plough posture, Wheel posture, Bow posture.
- (e) Side of the body: Spinal twist posture.
- (f) Back of neck: Shoulder stand posture.
- (g) Side of neck: Lion posture.
- (h) Lumbar: Plough posture, Seal posture, Waist lock posture and Pelvic lock posture.
- (i) Waist : Triangle posture.
- (j) Inside of legs : Fore and aft leg split posture
- (k) Back of leg: Pelvic posture, Wind release posture (prone position).
- (l) Knee: Chair posture, Horse face posture, Mountain posture, pelvic posture Fish posture and Wind release posture (prone position).
- (m) Ankle: Ankle twist posture, Fish posture and Wind release posture (prone position).

(n) Aching joints: Sun salutation exercise.

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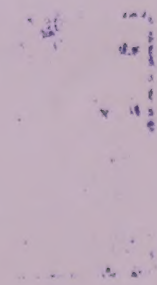
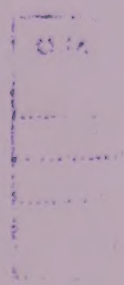
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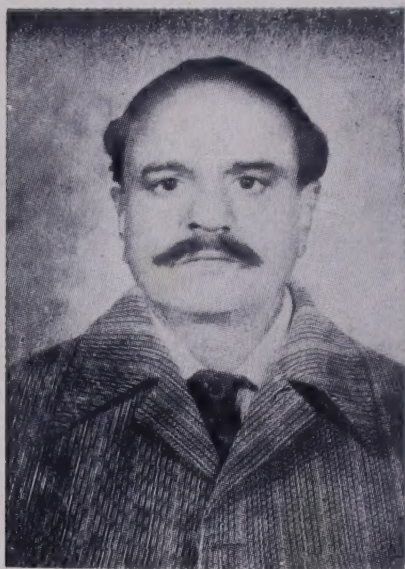
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NERVE MANIPULATION





LIFE SKETCH OF THE AUTHOR



Born of saintly parents at Chaklashi, Tal. Nadiad, Dist. Kaira, Gujarat, he inherits certain indelible streaks of moral ethos which account for a forceful character that he is.

By quirk of destiny the author's life has been chequered one—a farmer, a civil servant, a Manager, a Contractor and a Social

Worker, whether in India, East Africa or U. K. a sort of versatility which went to enrich his vision as also his outlook on life.

Imbued to lead as simple a life as one can profitably do, he is actuated to share his experiences of simple living and high thinking with his fellow brethren in society. He published his first book "Yogasana Self Teacher" to share his experiences in the system of Yoga. And this present book of "Technique of Nerve Manipulation" is his second attempt to share his experiences with the public for eradicating bodily pains by nerve manipulation.

Author's Book—Yogasana Self Teacher, Price Rs. 20/-